

Monday – Fitness Classes	
Time	Session
07:00 – 07:45	Body Combat
09.30 – 10.30	Gentle Exercise
11:30 – 12:30	Yoga Hatha Flow
12:15 – 12:45	Core (gym)
17:15 – 18:00	Studio Cycling
17:30 – 18:15	Body Combat
17:45 – 18:45	Circuits
18:30 – 19:30	Step Aerobics
19:15 – 20:15	Clubbercise
19:45 -- 20:30	Kettlebells

Tuesday – Fitness Classes	
Time	Session
07:00 – 07:45	Studio Cycling
07.15 - 08.00	Gym HIIT
09:30 – 10:15	Kettlebells
09:45 – 10:30	Studio Cycling
10:00 – 11:00	Zumba
10.00 - 10.45	Gym HIIT
10:30 – 11:30	Yoga
12:00 – 12:30	Body Pump express
12:35 – 13:05	Body combat express
17:15 – 17:45	Grit Strength
16:45 – 17:45	Circuits
18:00 – 19:00	Circuits
18:00 – 18:45	Studio Cycling
18:00 – 19:00	Legs Bums Tums
18:00 – 19:00	Yoga Vinyasa
19:15 – 20:15	Body Pump
19:30 – 20:15	Zumba
19:15 – 20:00	Aqua Aerobics

Wednesday – Fitness Classes	
Time	Session
07:00 – 07:45	Body Pump
07.15 - 08.00	Gym HIIT
09:15 – 10:15	Pilates
10:00 – 10:45	Studio Cycling
10.00 - 10.45	Gym HIIT
10:30 – 11:30	Zumba
11:00 – 11:45	Legs Bums Tums
12:00 – 13:00	Studio Cycling
12:30 – 13:15	Pre/Postnatal Pilates
13:30 – 14:30	Pilates
17:45 – 18:30	Studio Cycling
18:00 – 19:00	Body Combat
18:15 – 19:15	Zumba
19:30 – 20:30	Circuits
19:00 – 19:45	Aqua Aerobics

19:30 – 20:30	Yoga
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Thursday - Fitness Classes

Time	Session
07:00 – 07:45	Studio Cycling
09:30 – 10:15	Body Combat
09:30 – 10:30	Zumba
10:20 – 10:50	Grit Cardio
11:00 – 12:00	Hatha Yoga Flow
11:15 – 12:00	Aqua Aerobics
12:15 – 13:00	Circuits
17:00 – 17:45	Barre
17:00 – 17:45	Zumba Toning
18:00 – 18:45	Body Pump
18:30 – 19:15	Studio Cycling
19:00 – 19:45	Zumba
19:15 – 20:00	Kettlebells
20:10 – 20:55	Kettlebells

Friday – Fitness Classes

Time	Session
07:00 – 07:45	Body Combat
07.15 - 08.00	Gym HIIT
09:15 -- 09:45	LM Grit Series
09:30 – 10:30	Zumba Gold
10:00 – 10:45	Adaptive Pilates
10.00 - 10.45	Gym HIIT
10:00 – 10:45	Studio Cycling
11:00 – 12:00	Hatha Yoga
11:00 – 12:00	Active Life Circuits
13:00 – 14:00	Keep Moving Beginners
13:30 – 14:30	Pilates
17:30 – 18:30	Yoga Vinyasa
18:00 – 18:45	Studio Cycling
18:15 - 19.15	Zumba
19:00 – 20:00	Body Pump
20.15 - 21.00	Gym HIIT

Saturday – Fitness Classes

Time	Session
08:15 – 09:15	Body Combat
08:45 – 09:15	LM Grit Series
09:30 – 10:30	Functional Fit
09.30 – 10.15	Studio Cycling
09:30 – 10:30	Step Aerobics
10:35 – 11:20	Active Core
10:45 – 11.45	Body Pump
11:45 – 12:45	Zumba

Sunday – Fitness Classes

Time	Session
08:15 – 09:00	Body Pump
10:00 – 10:45	Studio Cycling
10.00 - 10.45	Gym HIIT
09:15 – 10:00	Body Combat
10:15 – 11:00	Clubbercise
17:45 – 18:45	Circuits